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Vancouver metro

Your essential daily news | THURSDAY, DECEMBER 8, 2016 | High -1°C/Low -3°C Mainly sunny!

JOHANNA SCHNELLER

Welcome to the wild, wild Westworld

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Syrian refugees Yossra Almahameed, Alaa Almahameed, and their daughters Reemas and Reetaj sit next to translator Mohammad Alsaleh, right.
JENNIFER WW/METRO

ONE YEAR LATER

What we learned since welcoming 25,000 Syrian refugees to Canada

metroNEWS

MDMA THERAPY

Vancouver to host next phase of ecstasy-assisted PTSD therapy trial

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Vancouver floats tax to deal with fentanyl crisis

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'ALREADY IN OUR BACKYARD'

Advocate makes case for Surrey drug consumption sites

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metro NEWS

Your essential daily news

Is this a plate of hot food, or a hot spring? Japan worried 'onsen' emoji will confuse tourists. **World**

Dirty smog could kill here, too

ENVIRONMENT

Even our low level of grimy air ups risk of heart disease

David P. Ball
Metro | Vancouver

A new video makes the link between heart disease and air pollutants. JENNIFER GAUTHIER/METRO

If you've been watching Netflix's new series The Crown, you might have noticed that one of the show's more memorable antagonists was the London fog.

Not the tea, but actual smog — lingering pollutants that caused thousands of deaths soon after World War Two.

Now, a public health researcher at Simon Fraser University in Vancouver has helped create a new acting role for the smoky menace, thanks to a series of web videos from the Canadian Environmental Health Atlas that highlight links between people's health and their surroundings.

"I began to do these videos because we now know more about how environmental chemicals and pollutants impact our health in substantial ways," explained Dr. Bruce Lanphear, professor of Children's Environmental Health at BC Children's Hospital and an SFU health sciences researcher.

"Yet for the most part we keep looking to our physicians, new drugs, or innovative technologies to solve these environmental problems.

"But we know how to prevent them, and prevention is better than a cure. Cures are never 100 per cent effective, and you have to get sick to be treated."

The newly released video helps viewers understand how smog and heart disease deaths are closely linked — comparing three cities: Vancouver, London and Beijing.

He picked our West Coast city because it has very low levels of smog compared to other cities, and he said the city's efforts to reduce automobile transportation offer a positive example.

> **Though we can take comfort in the fact that Vancouver has some of lowest levels of city of its size, we've not completely free of harm.** Dr. Bruce Lanphear

But he cautioned that just having clean-seeming air to breathe isn't the full picture. Even though we feel less smogged-in than Toronto on a summer day, doesn't mean pollutants aren't hurting us, he warned.

"At any level, air pollution seems to increase the risk of heart disease," he said."Though we can take comfort in the fact that Vancouver has some of lowest levels of city of its size, we've not completely free of harm. We all know we'd like to do better too."

His video was funded as part of the community grant program of the Canadian Internet Registration Authority (CIRA), which invests the fees from people who register CA websites towards socially beneficial digital initiatives.

"We're now beginning to recognize that air pollution and other toxic chemicals cause much of the death, disease and disabilities we experience," he said.

"We should be doing more.

"This is what these videos are about — and for considerably cheaper than making The Crown."

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REVENUE

Community centres protest parks board's plan

Jen St. Denis
Metro | Vancouver

An old conflict is again raising its head: the parks board versus volunteer community centre associations, who say a new joint operating agreement with the parks board fails to respect their autonomy and ability to create community-specific programming.

In 2013, six community centre associations sued the parks board over the imposition of the OneCard, a card that gave universal access to all residents to programs at community centres across the city. Prior to the OneCard, community centres required users to buy an association membership.

At the heart of the current conflict is the parks board's requirement that community centre associations give two per cent of community centre gross revenue to the parks department.

"People are not necessarily opposed to making sure there is money that ensures good service," said Alex Burton, a member of the board at Mount Pleasant Community Centre, "but the parks board wants to just put a levy on us and then use that money for their own programs without any input from the community centres."

Fifteen community centres, including Mount Pleasant, have been negotiating with the parks board, but say they have concerns with the parks board's proposal. Six associations are not negotiating at all, said Burton.

The intent for the two per cent fund is that it be redistributed to community centres in lower-income neighbourhoods, said Malcolm Bromley, general manager of parks and recreation for the City of Vancouver.

People gather outside supervised injection site Insite during a demonstration in the Downtown Eastside of Vancouver in June. DARRYL DYCK/THE CANADIAN PRESS

Consumption sites defended

DRUGS

Outreach worker says Insite was key to her recovery

Matt Kieltyka
Metro | Vancouver

As consultations begin on two proposed supervised drug consumption sites in Surrey, one advocate is reminding potential naysayers that the province's overdose crisis is already on their doorstep.

Fraser Health announced Tuesday plans for two supervised consumption sites on 94A Street and 135A Street, which would be the first of their kind outside Vancouver if approved by Health Canada.

211

Number of deaths this year from fentanyl use alone in the Fraser Health region

The health authority still needs to conduct public consultations as part of the application process and Erica Thomson, an outreach worker with Women's Resource Society of the Fraser Valley, hopes the plan won't meet much resistance.

The Fraser Health region has been hit the hardest by the fentanyl-fuelled overdose crisis, with 211 deaths so far this year.

Thomson, who credits going to Vancouver's Insite supervised injection site as a key moment in her own recovery, says giving drug users a safe place to go is critical for saving lives and getting people into treatment.

"I used Insite many, many years ago. That was a big part of my story, the fact I had somewhere safe to go where I could cry, be vulnerable and talk to people. I couldn't do that on the streets," Thomson told Metro. "I knew I wanted to stop, I just didn't know how and I had people there that just encouraged me, listened to me and helped me feel safe. It's that environment and engagement that will make all the difference in the world for people to get help."

Thomson expects community pushback from some circles, but argues the current reality is far worse. "What I would say is that it's happening anyways," she said. "If you have a 'not in my backyard' mentality, guess what? It's already in your backyard. So it can happen in your backyard, out on 135A Street, or it can be in a safe place where it's out of sight and people will actually be engaged with care."

Fraser Health's proposed plan has the blessing of the City of Surrey and Mayor Linda Hepner.

"This is a crisis and we have to save lives," Hepner said Tuesday. "The two sites they have chosen to move ahead with will give the clients an opportunity for treatment, education and recovery services so I was pleased about that. They're now going out to consultations so we'll see how that plays out, but keeping people alive is the top priority."

The health authority hopes to file the first part of its application by Dec. 30.

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Refugees in Canada one year

IMMIGRATION

Support group 'disappointed' with reduced targets

Wanyee Li
Metro | Vancouver

Refugee support groups say they are ready to welcome the same number of or even more refugees in 2017 as many Syrian refugees pass the one-year anniversary of their arrival in Canada.

About 2,100 government-assisted refugees have arrived in British Columbia since the Canadian government promised to take in 25,000 Syrian refugees in November 2015.

B.C. can expect another 299 refugees before the end the year, according to Chris Friesen, director of settlement services at Immigrant Services Society of B.C. (ISSofBC).

It has been a rewarding 12 months, he said.

"The outpouring of support and help and the level of collaboration between the different level of governments, faith communities, health authorities, private sector was unparalleled in our history in working with history over the past 45 years — unparalleled."

Mohammed Asaleh of the ISSBC (right) translated for Alaa and Yossra Almahameed (seen here with daughters Reemas and Reetaj) during the Duke and Duchess of Cambridge's visit on September 2016. JENNIFER GAUTHIER/METRO

But with the vast majority of B.C. allocated refugees going to the Lower Mainland, resettlement service providers struggled at first to accommodate everyone, especially large families. There weren't enough resources for children, for example, said Friesen.

"We didn't realize that 50 per cent of Syrian (refugees) would be under the age of 12," he said.

"Subsequently now, over the last few months, we now have children programming at all of our temporary sites."

Large families were also more difficult to house in large urban centres like Vancouver. The majority of government-assisted refugees in B.C. have settled in Surrey, according to Friesen.

An ISSofBC report that will be released Friday states Syrian refugees are waiting as many as 11 months for a seat in English language classes, he said.

"Learning English and or French is key to social and economic integration. That's an area that we're continuing to raise with the federal government — targeting resources, particularly in the City of Surrey."

The past year has made refugee support groups even better at their job, said Friesen. But the Canadian government announced in October it would be accepting 28 per cent fewer refugees in 2017.

> **"We've got increased capacity, we've got increased collaboration on the ground.**
> Chris Friesen

Friesen says he is disappointed with the decision, especially because there is a backlog of private refugee sponsorship applications.

"We are in a very unique situation here where the rest of the world is rolling up the welcome mat and building fences and walls to refugees," he said.

"We've got increased capacity, we've got increased collaboration on the ground. It's disappointing that we're now going back to pre-2015 targets."

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GAMING

B.C. grants program needs to be better: Auditor

An audit of a British Columbia program that distributes millions of dollars in gaming grants to non-profit groups has found the government needs to ensure the money is used as intended.

Auditor general Carol Bellringer said Wednesday that nearly $135 million of gaming revenue has been handed out in each of the last five years to about 5,000 organizations.

She said that while the government's overall management of the program is suitable, improvements are needed because a lot of money is distributed — over $1 billion in the last decade from revenue collected at casinos and bingo halls. Bellringer said the government must provide specific eligibility requirements that grant analysts and recipients will follow and give information on how it tracks spending of grant money.

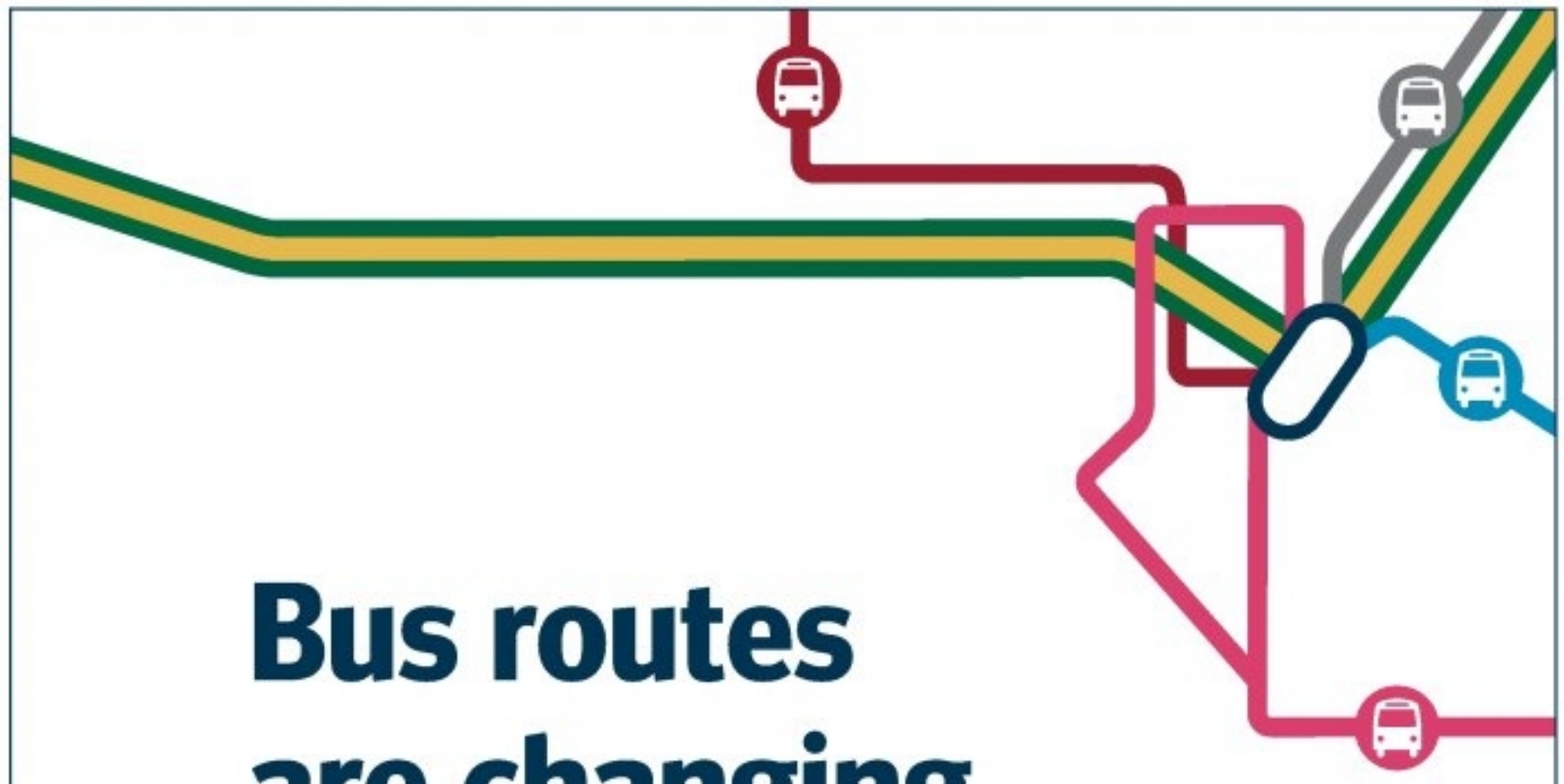
Clarity about timely reporting exists but the audit found the government did not strictly enforce the requirement, she said.

"We saw a number of cases where grants were given even though recipients had not yet submitted their report on how the prior year's grant was used."

Improvements are also needed for one-time grants when organizations face exceptional circumstances, Bellringer said. "We also found that the ministry does not advertise these special one-time grants, resulting in organizations not knowing they are out there."

Several grants that were given after appeals lacked documentation to justify the decision, Bellringer said.

She said the government hasn't reviewed the program since 2011 to consider whether enough money is being awarded and if there is a better way to get it to many volunteer-run groups that benefit communities. Bellringer made 10 recommendations, including public reporting on its effectiveness in providing positive contributions to communities. THE CANADIAN PRESS



The Multidisciplinary Association for Psychedelic Studies Canadian chair Mark Haden (left) and the organization's clinical trial leader Dr. Allison Feduccia appear at the Military and Veteran Health Research Forum in Vancouver. DAVID P. BALL/METRO

Van City to host MDMA therapy trial

EXPERIMENT

Second phase of study due for sufferers of severe trauma

David P. Ball
Metro | Vancouver

After completing a controversial experiment offering trauma therapy to six patients on MDMA — the illegal drug popularly known as ecstasy — Vancouver is poised to host a second, much larger study as early as June, Metro has learned.

Researchers with the Multidisciplinary Association for Psychedelic Studies (MAPS) hope to expand their six-patient trial to roughly 20 patients who have previously untreatable post-traumatic stress disorder. If approved, it will be part of an international effort involving hundreds of people with severe trauma, including sexual abuse survivors, soldiers and first responders.

On Nov. 29, the U.S. Food and Drug Administration accepted their project's Phase Two data, paving the way for a large-scale third phase of research, the final step before permitting ecstasy prescriptions. "They've accepted our Phase Two clinical data and said we don't have to do more work," said MAPS Canada chair Mark Haden, an adjunct professor at UBC's School of Population and Public Health, told Metro. "A significant hurdle has just been crossed."

MAPS' larger Phase Three study has already selected a Vancouver site, led by Haden and a team of specially trained professional psychotherapists, and he hopes to involve a local hospital, too.

In the previous experiment, more than 100 PTSD patients were administered a 125 mg dose of MDMA followed by several hours of counselling with two therapists. They slept over on site, and underwent more therapy the next day. They took a half-dose with therapy after a month, and a follow-up after a year to see if their symptoms changed.

In fact, after just two MDMA-assisted sessions, 56 per cent of subjects no longer met PTSD criteria, rising to 66 per cent 12 months later, according to MAPS.

"PTSD is an unconscious tape loop that's buried in someone's unconscious mind," Haden explained. "They can't access it easily, but it generates a lot of emotional turbulence, especially in response to a trigger. "MDMA allows access to the tape loop because it's no longer fear-based."

If the FDA green-lights the next phase's protocols, MAPS will then submit those approved plans to Health Canada in the new year — ensuring the research methods are identical despite international sites.

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Vancouver considers tax hike to deal with fentanyl crisis

PUBLIC SAFETY

Firefighters need help to deal with spike in overdoses

Jen St. Denis
Metro | Vancouver

If the City of Vancouver really wants to deal with the fentanyl crisis, it can raise property taxes by an additional 0.5 per cent to raise an extra $3.5 million, council heard Wednesday during a special session to discuss the 2017 budget.

"A third medic unit also, we believe, will have a direct impact on lives, because those lives matter and we'll be able to respond quicker to an overdose," Rob Weeks, a spokesman for the Vancouver Fire Fighters Union, told council.

The 2017 budget already proposes a 3.4 per cent property tax increase to fund, among other commitments, the largest spend on housing in the city's history, at $80 million.

In 2016, the property tax went up by 2.3 per cent and in 2015 it went up by 2.4 per cent.

But the ongoing opioid overdose crisis, which has killed over 600 British Columbians this year, spurred council to ask city staff to draft a memo addressing what the municipal government could to do to address the public health issue.

Vancouver fire fighters train during a recent open house. The city's fire fighters say they need another unit to help deal with the increase in fentanyl related overdoses in the Downtown Eastside. JENNIFER GAUTHIER/METRO FILE

> A third medic unit also, we believe, will have a direct impact on lives, because those lives matter and we'll be able to respond quicker to an overdose
> Rob Weeks, Vancouver Fire Fighters Union

Firehall No. 2 in the Downtown Eastside has borne the brunt of the crisis. That firehall is now the busiest firehall in Canada: It's on track to respond to 1,600 calls this November, over double the number of calls last year at this time. The strain is taking a psychological toll on fire fighters, who are often reviving the same person who overdoses multiple times during the same shift, Weeks said.

Fire trucks from other stations are now being diverted from other neighbourhoods, putting residents in increased risk should a fire or other emergency happen, Weeks said.

Staff responded with a memo to councillors on Dec. 5 outlining a number of options, from increased overdose response training for city staff, a new community policing station in Strathcona, youth education and a drug treatment study.

The memo includes the fire fighters' ask for an additional three-person medic crew, at a cost of $600,000 per shift.

A naxolone kit. JENNIFER GAUTHIER/METRO FILE

To pay for a more robust response to the fentanyl crisis, the memo stated that a 0.5 per cent property tax increase would raise $3.5 million, which could be added to a $4 million contingency fund for a total of $7.5 million.

Citing a report that stated Vancouver is short 25 ambulances on "any given day," Coun. Melissa De Genova asked whether more ambulances, a provincial responsibility, would make a difference.

She also questioned whether additional money could be found by cutting existing line items in the budget in order to address the crisis.

"If we are in such a crisis, and we're not asking the province to step up — and I'm surprised because we ask the province to step up on everything else," De Genova said.

"Why aren't we looking within our budget instead of putting that budget on the taxpayer?"

An increase in the number of ambulances and paramedics wouldn't take the pressure off fire fighters, who respond to the same call and hand off to the ambulance crews, Weeks said.

But he acknowledged that more ambulances would result in shorter waiting times for fire crews, who could hand off cases quicker.

Sadhu Johnston, city manager, said the memo described a "menu" of options that would have to be fleshed out further and then debated by council.

REAL ESTATE

Metro Vancouver wants to adjust Home Owner Grant rules

Metro Vancouver wants the province to change the way the Home Owner Grant is allocated as the number of people eligible erodes due to the region's ultra-expensive real estate.

Fewer people in Greater Vancouver will qualify for the grant (the amount provided by the province to reduce property tax on an owner's primary residence) as its threshold has not kept pace with property assessments, the regional district said in a release on Wednesday.

"There has to be some way to address the inequities we're facing in Metro Vancouver," said Port Coquitlam Mayor Greg Moore, chair of Metro Vancouver.

"If this continues, it will have a negative impact on our residents that will affect the livability of our region."

While 91 per cent of B.C. homeowners qualify for the grant, the increase in home prices in the Lower Mainland has resulted in the region's share dropping to 46.8 per cent, down from 53 per cent a decade ago — despite the fact that its population growth is outstripping the rest of the province.

"With the announcement from B.C. Assessment that there will be another significant increase to property assessments in the range of 30 to 50 per cent, even fewer people including families will be eligible for the grant and as a result they are being priced out of the region," said Vancouver Coun. Raymond Louie. "The Home Owner Grant is intended to help people but is failing to do so in too many cases."

Metro Vancouver has commissioned a report on the subject that has suggested a number of ways to amend the grant including having individual municipalities determine the grant eligibility thresholds based on property values in each city.

The basic provincial grant is $570 for homes worth $1.2 million or less, dropping to $0 for homes worth $1.35 million or more.

There is also an additional grant of $275 for seniors, veterans and people with disabilities.

JEFF HODSON/METRO

Single family homes in East Vancouver. JENNIFER GAUTHIER/METRO

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Clarke praises Notley visit

TRANS MOUNTAIN

'It takes courage' to pitch pipelines in Vancouver

Alberta Premier Rachel Notley showed courage visiting British Columbia to voice her support for Kinder Morgan's Trans Mountain pipeline expansion, Premier Christy Clark said Wednesday.

Clark said Notley bravely came to B.C. to make her province's case in favour of the $6.8-billion oil pipeline project.

"I think Rachel Notley did the right thing," Clark said in a conference call with reporters. "I know it takes courage to come to a place where people may not be happy with the decision."

Notley was in Vancouver this week meeting with various media outlets, but did not hold any public events. She also met with B.C.'s Opposition New Democrat Leader John Horgan, who opposes the pipeline project.

Alberta Premier Rachel Notley pauses to look out a window at Coal Harbour during an interview in Vancouver on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

The expansion would triple the capacity of the existing pipeline, which runs from near Edmonton to Burnaby, and increase tanker traffic seven-fold. Prime Minister Justin Trudeau recently announced federal approval of the pipeline project, saying it was in the national interest.

Clark said the federal and Alberta governments have the most to gain from the Kinder Morgan project.

A Conference Board of Canada report earlier this year pegged the project's economic benefits to the provincial and federal governments at $18.5 billion in revenues over the pipeline's first 20 years of operations.

Clark said her government is still working with Ottawa on spill response and is preparing to negotiate an economic-benefits package with Kinder Morgan that reflects B.C.'s risks associated with the pipeline and increased tanker traffic.

She also repeated her suggestion that Trudeau come to B.C. to publicly detail his government's support for the pipeline expansion.

Notley said Wednesday in Edmonton that her trip to B.C. helped give Alberta's side of the debate.

"I was pretty pleased with the degree to which we were able to inject some of the other facts and maybe bring down the intensity (of the debate) a little bit," she said.

Notley said she didn't expect to change Horgan's mind on his opposition to the project.

"There is more that unites us than divides us (between BC and Alberta NDP), but this is an issue on which we are currently divided," she said.

THE CANADIAN PRESS

TRAFFIC STOP

56 kilos of suspected cocaine busted

Wanyee Li
Metro | Vancouver

Vancouver Police found $4.5 million worth of what they suspect is cocaine in an SUV after seizing the vehicle from two men on Tuesday.

Patrol officers stopped two men in an SUV at about 7:30 p.m. who were acting suspiciously. Officers found what they believe was four kilograms of cocaine, prompting them to obtain a warrant to continue searching the vehicle.

That search turned up an additional 52 kilograms of a the suspected drug.

The two men in the SUV, one in his 20s and the other in his 30s, have been released while police wait for lab results from the alleged drugs found in the SUV.

Police expect the two suspects will be charged with possession of drugs for the purpose of trafficking, according to a written release.

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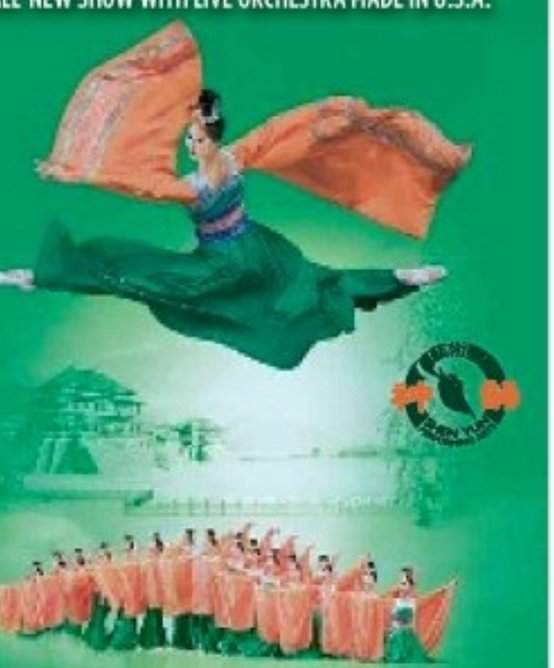

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Edmonton volunteers are offering carnations to women wearing hijabs with the message, "This is for you." KEVIN TUONG/FOR METRO

EDMONTON

Flower campaign counters racism

Sarah Hoyles
For Metro | Edmonton

Janelle Venne is one of dozens of volunteers who handed out flowers to Muslim women Wednesday at Edmonton's University LRT station.

The daylong effort, where volunteers offered 1,000 carnations to women wearing hijabs with the message, "This is for you," is in response to recent news of a man holding a noose and threatening Muslim women at the station.

More than a dozen volunteers have stepped up to help.

Volunteers raised money for the flowers through local donations and from donations outside the city.

In just 24 hours, the Alberta Muslim Public Affairs Council raised $500.

The flowers are in response to a Nov. 8 incident at the station, when an elderly man threatened two young women wearing hijabs.

One of the women took video of the man pulling a rope from his pocket, tying a noose with it before issuing the threat, "This is for you!"

The man then proceeded to sing O Canada in front of the two women. Yesterday, police arrested a suspect.

On Friday the Alberta Muslim Public Affairs Council released a statement calling on police to fully prosecute the person involved.

"This was an example of hatred pure and simple," AMPAC President Faisal Suri Khan said in the release. "We need to ensure that Islamaphobia is discouraged in all its forms and the first step in doing that is to treat such actions as hate crimes."

Police have said a hate crime charge is possible.

Spousal sponsorship to speed up

GOVERNMENT

Another $25M allotted for immigration backlog

Ottawa has vowed to cut the processing times and backlogs for spousal immigration applications by more than half with an expanded annual quota for 2017 and a new simplified application kit available next week.

Starting immediately, most spousal sponsorship applications submitted in and outside Canada will be processed within 12 months, down from the current average of 26 months and 18 months respectively, Immigration Minister John McCallum announced on Wednesday.

"We have listened to Canadians and are delivering results. Bringing families together makes for a stronger Canada. Canadians who marry someone from abroad shouldn't have to wait for years to have them immigrate or be left with uncertainty in terms of their ability to stay," McCallum told a news conference in Brampton, Ont.

"What we are announcing today is a more efficient, more considerate process to reunite families."

Complaints by Canadians and their foreign spouses and dependants over long processing times and lengthy separations had fallen on deaf ears under the previous Conservative government.

Although the Liberals had made fixing the backlog a priority during the election campaign, the immigration department had been preoccupied with the ambitious project to resettle tens of thousands of Syrian refugees.

With an additional $25 million allotted to reduce the immigration backlog in its 2016 budget, the immigration department has managed to reduce the processing times of spousal sponsorship applications by 15 per cent for inland applicants and by more than 10 per cent for those waiting overseas.

The government also raised the annual quota for foreign spouses and dependants this year to 64,000 people from 47,000 in previous years. With limited spots and increasing demands, the backlogs persisted and grew over time.

Sponsorship applicants welcomed McCallum's announcement, but remained cautious of the government's commitment.

"There are mixed emotions from all spousal sponsorship applicants due to actions we've seen over the recent year," said Leah Campbell, a member of the self-advocacy group, Canada Spousal Sponsorship Petitioners.

"I hope that these words and promises turn into action, and quickly, not soon or in coming months, as Minister McCallum is famous for saying," added the American woman, who is married to a Canadian man and has been waiting for a year for her permanent status.

> **Bringing families together makes for a stronger Canada.**
> John McCallum

Immigration officials said they hoped to clear all existing applications by the end of 2017 with the expanded quota, additional staffing resources and a streamlined process.

TORSTAR NEWS SERVICE

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IMMIGRATION

Trump chooses hardliners but talks softer

Donald Trump embraced new cabinet officers Wednesday whose backgrounds suggest he's primed to put tough actions behind his campaign rhetoric on immigration and the environment, even as he seemed to soften his yearlong stance on immigrants brought to the U.S. illegally as children.

It's clearer by the day, underscored by Trump's at-times contradictory words, that his actual policies as president won't be settled until after he takes his seat in the Oval Office.

Retired Marine Gen. John Kelly has been selected to head the Department of Homeland Security, and Oklahoma Attorney General Scott Pruitt, a climate-change denier whose policies have helped fossil-fuel companies, is to be announced as head of the Environmental Protection Agency.

Separately, Trump named the former chief executive of World Wrestling Entertainment, Linda McMahon, to head the Small Business Administration.

Trump's long presidential campaign was in large part defined by searing rhetoric and his steadfast promises to build an impenetrable wall on the border with Mexico and crack down on immigrants living in the U.S. illegally. But he struck a softer tone in an interview published Wednesday after he was named Time Magazine's "Person of the Year."

"We're going to work something out that's going to make people happy and proud," Trump said. "They got brought here at a very young age; they've worked here, they've gone to school here. Some were good students. Some have wonderful jobs. And they're in never-never land because they don't know what's going to happen."

He offered no details about a policy that would make that clear. THE ASSOCIATED PRESS

Families wait to be taken to a camp for displaced people on Nov. 23 in Bartalla, east of Mosul, Iraq. THOMAS COEX/AFP/GETTY IMAGES

Race to help the displaced

IRAQ

UN scrambling for land to shelter those fleeing Mosul

The UN is scrambling to find enough land to shelter those displaced by the fighting to retake Mosul from Daesh as humanitarians brace for the exodus of as many as 700,000 people from the city, an official said Wednesday.

Bruno Geddo, the UN's top humanitarian official in Iraq, told The Associated Press that there is currently enough space in camps for 180,000 people.

"That is the thing that makes us somehow sleepless at night. You cannot be complacent when you still one million people inside the city. It is bound sooner or later that you may have tens of thousands of people who come out in flash outflow," he explained.

Geddo said he and his colleagues were haunted by the memory of Fallujah where some 65,000 people fled the city over three days during an operation to retake the city from Daesh in June, quickly overwhelming humanitarian efforts.

He says the UN has learned from that experience and that so far he was pleased that Iraqi forces appeared to be doing their utmost to avoid civilian casualties. The downside of protecting civilians, however, is that slows down operation just as winter is approaching and the prices of water of and fuel are skyrocketing.

"In the end, the choice is theirs. It is a very stark choice. They may be hit by a land mine or a sniper, ISIS has a policy of killing anybody trying to flee. They may be caught in the crossfire, but if they stay they may also be reached by rockets and otherwise they may be facing penury over the full winter," Geddo said, using an acronym to refer to the Islamic State group.

THE ASSOCIATED PRESS

Japan worried emoji will confuse tourists

Rebecca Chiu
Metro | Toronto

Japan might change the "onsen" symbol — meant to indicate hot springs. TWITTER

Japan is worried Westerners visiting for the Olympics in Tokyo will be confused by a popular map and sign symbol indicating hot springs, and expect food to be awaiting them instead.

The country is more than three years away from hosting the 2020 Summer Games, but officials think the onsen symbol looks too much like a plate of hot food with steam rising from it.

The symbol representing hot springs is already included in emoji sets from both Apple and Google, who have taken inspiration from Japan's maps and signs.

The companies could have to do the same if Japan decides to make the change.

The country is reviewing some 90 other symbols as Japan prepares to host the Games.

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Thousands take refuge in mosques

INDONESIA

Nearly 100 people killed, hundreds more injured

Family members gather around earthquake victims in Pidie Jaya, Aceh province, Indonesia, on Wednesday. A strong earthquake rocked Aceh, killing a large number of people and sparking a frantic rescue effort in the rubble of dozens of collapsed buildings. THE ASSOCIATED PRESS

Thousands of people in the Indonesian province of Aceh took refuge for the night in mosques and temporary shelters after a strong earthquake Wednesday killed nearly 100 people and destroyed dozens of buildings.

Some were homeless after the quake made their houses unsafe and others were too scared to return home. Killer quakes occur regularly in the region, where many live with the terrifying memory of a giant Dec. 26, 2004, earthquake that struck off Sumatra. The magnitude-9.1 quake triggered a devastating tsunami that killed more than 100,000 Acehnese.

Maj. Gen. Tatang Sulaiman, chief of the army in Aceh province, said at least 97 died in the magnitude-6.5 quake that hit before dawn Wednesday, while four people had been pulled from the rubble alive. The Indonesian government declared a two-week emergency period in Aceh and some aid was already reaching hard-hit areas.

The rescue effort involving thousands of search officials, villagers, soldiers and police is concentrated on Meureudu, a severely affected town in Pidie Jaya district near the epicenter. Excavators and rescue teams removed debris from shop houses and other buildings where people were believed to be buried.

The pace of the search slowed after night fall, hampered by rain and blackouts.

The U.S. Geological Survey said the earthquake was centred about 19 kilometres southeast of Sigli, a town near the northern tip of Sumatra, at a depth of 17 kilometres. The agency had initially placed the epicenter undersea. It did not generate a tsunami.

Siti Rukiah, 51, a mother of four, was among the many people taking refuge in local mosques. She and about 100 other people from Pante Raja, a seaside village in Pidie Jaya district, fled to Nur Abdullah mosque located on higher ground in a nearby hamlet.

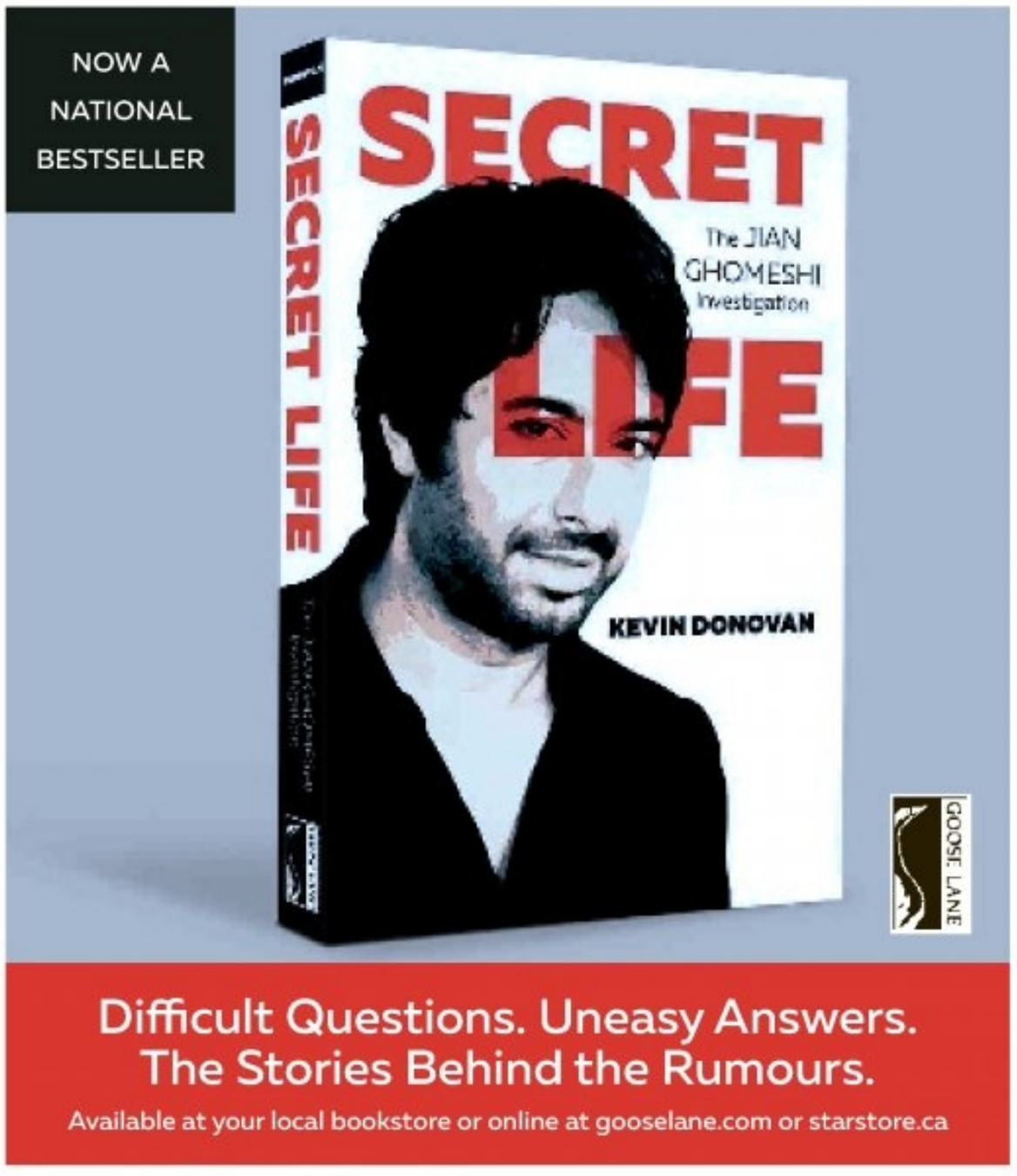
She said the quake was shallow and felt so powerful she had to grab onto a table to keep from falling down. She was sure a tsunami was coming.

> **“I’m really scared about a tsunami. I don’t want to return home tonight.**
> Siti Rukiah

“I’m really scared about a tsunami,” said Rukiah, whose brother and neighbours died in the 2004 disaster. “I don’t want to return home tonight, not only because my house is damaged, but I am still afraid an aftershock could cause a tsunami.”

Aceh’s disaster mitigation agency said more than 600 people were injured. The national disaster agency said about 245 buildings were seriously damaged or destroyed in Pidie Jaya and neighbouring Bireuen district, including 14 mosques. The rest were mainly dwellings and shop houses.

THE ASSOCIATED PRESS



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MOOSE KNUCKLES

Parka-maker makes deal with watchdog

Winter jacket maker Moose Knuckles has reached a deal with the Competition Bureau regarding concerns over its advertising and labelling of certain parkas that are promoted as made-in-Canada.

Under the agreement, reached through mediation, the company has agreed to donate $750,000 over five years to charities in Canada, such as those that provide winter coats to children in need.

> **We take seriously our commitment to Canadian manufacturing.**
> CEO Noah Stern

In addition, Moose Knuckles has agreed to make it clearer that certain parkas are made with Canadian and imported components.

The company will also add operations at its Canadian factories and implement an internal compliance program to ensure that advertising and labelling issues do not occur again.

The Competition Bureau had alleged winter coats marketed as made-in-Canada were mostly made in Vietnam and elsewhere in Asia.

The bureau alleged that only the finishing touches to the jackets, such as the trim, zippers and snaps, are done in Canada, something that Moose Knuckles "vigorously" rejected.

Moose Knuckles said the agreement will secure the continued employment of hundreds of skilled Canadian workers.

The company said it appreciates the guidance it has received from the Competition Bureau to improve the information available to consumers and has reaffirmed its implementation of the regulator's made-in-Canada guidelines.

"Our brand may be cheeky, but we take seriously our commitment to Canadian manufacturing and working within the framework outlined by the Competition Bureau in its guidelines," Noah Stern, CEO of Moose International Inc., said in a statement.

THE CANADIAN PRESS

Made in Canada Moose Knuckles coat with it's label.
TORSTAR NEWS SERVICE

Starbucks to open 12,000 new outlets

GROWTH

More food, app with artificial intelligence in five-year plan

Starbucks is increasing the total number of its coffee shops worldwide by almost 50 per cent. AFP/GETTY IMAGES

5,000
Number of new outlets Starbucks plans to open by 2021 in China.

Starbucks, looking to the future as its longtime CEO moves to other projects, plans to open 12,000 new locations within five years to boost its number of coffee shops worldwide by almost 50 per cent.

The Seattle-based chain is also adding more food to its menu next year, including organic soups, gluten-free breakfast sandwiches and a wheat-free cooked egg product. And sometime in 2017, customers will be able to talk to the Starbucks app to order a latte or cookie instead of tapping their smartphones.

Starbucks outlined its five-year growth plans to investors on Wednesday, about a week after it announced that Howard Schultz, who has built Starbucks into a global brand with 25,000 locations since first joining the company more than 30 years ago, would step down as CEO in April. Starbucks has been facing increasing competition from Dunkin' Donuts and McDonald's as those companies add more specialty coffee drinks to their menus.

About 5,000 of the 12,000 stores Starbucks plans to open by 2021 will be in China. The company said again that it expects China to eventually overtake the U.S. as its largest market, but didn't say when it expects that to happen. Today there are about 2,500 stores in China and more than 13,000 in the U.S.

Starbucks also wants to get more customers to buy lunch at its shops by offering organic soups and adding more sandwiches and wraps. Iced beverages, such as cold brew coffee and iced lattes, are expected to become more popular in the next five years and account for about half of beverage sales, the company said.

An app update next year will use artificial intelligence technology to let customers order by voice and have the app respond immediately with a message. In China, the company said it is teaming up with popular messaging app WeChat to let users buy digital Starbucks gift cards for their friends.

Investors also got to hear from Chief Operating Officer Kevin Johnson, who will replace Schultz as CEO in April. Schultz, who will become executive chairman, stressed again Wednesday that he wasn't leaving the company and will oversee the growth of its high-end Starbucks Reserve Roasteries stores. THE ASSOCIATED PRESS

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GIFT LIST

Brooke Shields lifts syrup sales

Brooke Shields' gift list is sweetening a Vermont family farm's sale of maple syrup.

The 109-year-old Robb Family Farm in Brattleboro says it's seen a 60 per cent jump in sales since the actress listed the syrup among her 12 best holiday gifts for women published in People Magazine's holiday gift guide last month.

Shields told the magazine: "We go through a lot of maple syrup in our house."

Shields' list includes the $14.95 pint-sized tin of syrup, a skincare travel set, a scarf, a necklace, a book, pens and $100 Hermes playing cards.

The Robbs sell their maple syrup at their farm store, a local store and online to customers around the country.

They sell it in a number of different containers — plastic and glass jugs.

But ever since the photo of the retro State of Vermont syrup can appeared in People, the Robbs have sold more cans than usual, at least 80.

THE ASSOCIATED PRESS

REAL ESTATE

Commercial sales hit quarterly record

Real estate firm CBRE says Canada hit a record level for commercial real estate sales in the third quarter and is on track to beat an annual record set during the 2007 boom.

The firm says sales of office space, apartments, land and other commercial properties hit $11.2 billion in the quarter ended Sept. 30 and forecast that for the full year there will be more than $35 billion in deals across the country to surpass the current $32.1-billion record.

Greg Kwong, regional managing director of CBRE Calgary, said overall Canada has benefited from investors looking for stable returns in a low-growth world.

In the third quarter, Toronto kept its top spot for commercial investments at $3.5 billion and Vancouver saw $1.6 billion in transactions, with activity in both cities above the 30-month average.

THE CANADIAN PRESS

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9	7	3	4	1	8	5	6	2
2	8	1	5	6	3	4	9	7
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metro VIEWS
Your essential daily news
Thursday, December 8, 2016

EMMA TEITEL ON A SNUBBED SUFFRAGETTE

I was ticked off that Nellie McClung wasn't going to appear on money until I revisited the life and times of my childhood hero and learned some unsavoury things

When I was a kid I had two heroes: Queen Hatshepsut, the fifth pharaoh of the eighteenth dynasty of Egypt, and Nellie McClung, the late and great suffragette of Winnipeg.

Needless to say, these women did not have a lot in common. Queen Hatshepsut wore a fake beard and is believed to have gone to bed with her architect, Senenmut, on a regular basis. Something tells me that McClung, a no-nonsense Christian and a teetotaler, wasn't a big fan of sex out of wedlock (even with a master builder) or, for that matter, dressing up in drag.

But like Queen Hatshepsut, McClung was a big fan of women's legal rights — a cause she fought long and hard for alongside the rest of "The Famous Five": Henrietta Muir Edwards, Irene Parlby, Louise McKinney and Emily Murphy.

In 1929, McClung and her peers successfully petitioned for a woman's right to be appointed to the Senate in the landmark "Persons Case" — now immortalized in Canadian history textbooks and more importantly, on TV, in its very own Canadian Heritage Minute. (When it comes to an important event in Canadian history, I do wonder, if there's no Heritage Minute to show for it, did it really happen?)

McClung was also a fierce proponent of property rights for married women, children's health and dental care, and safe working conditions in the typically gruesome factories of the day.

It's no wonder why so many of us assumed she'd be the first non-royal female face to appear on Canadian currency.

When Prime Minister Justin Trudeau announced earlier this year that a woman's face would at long last grace a Canadian banknote, McClung was believed by many to be a shoo-in for the position. And yet, despite being the favourite choice in online polls, McClung was not selected to appear on the official short list of female currency candidates. The final decision will be revealed Thursday.

COMPLICATED LEGACY Nellie McClung, shown in an undated photo, was left off the short list of famous Canadian women who are in the running to appear on a banknote.
C. JESSOP/NATIONAL ARCHIVES OF CANADA/THE CANADIAN PRESS

In no particular order, the short list comprises E. Pauline Johnson, Viola Desmond, Elizabeth MacGill, Fanny Rosenfeld and Idola Saint-Jean: all remarkable and worthy candidates (whose achievements range from resistance to racism, to writing, to Olympic running), but who are also arguably far less known than McClung. And it turns out, far less controversial.

The McClung omission ticked off a lot of people. It ticked me off too, until I revisited the life and times of my childhood hero and learned some pretty unsavoury things about the suffragette that my textbooks may have glossed over (or that I may have chosen to ignore). McClung did a lot of good, but she did a lot of bad too. And I'm not referring to the predictable breed of bad that almost everyone in her day was party to (for example, a casual prejudice against minorities and gay people). I'm talking about the kind of bad that verges on evil: like, say, championing eugenics and the forced sterilization of mentally disabled and mentally ill people.

Unfortunately, this sort of thing was Nellie McClung's bag, so much so that according to The Canadian Encyclopedia, McClung's public enthusiasm for eugenics was a big help in the passage of the Alberta Sexual Sterilization Act in 1928, a piece of legislation that enabled the sterilization of almost 3,000 people between 1929 and 1972.

Suddenly, McClung's omission from the currency short list doesn't seem quite so strange, does it? Suddenly, it makes a lot more sense.

A nation's currency — the cash that lines our wallets and creases in our pockets — isn't a private institution or a university scholarship available to few; it's a public resource used (and abused) by all Canadians, the mentally disabled and the mentally ill alike. And I'd much rather see a personage grace my dollar bills who didn't count "legislate eugenics" among her life's greatest achievements. (Also, for the record, there are dozens of other ways to immortalize Canadians with complicated legacies; a more useful question than "Why isn't Nellie McClung on our money?" is "Why aren't there more films and TV shows about the Famous Five?")

Some critics of the McClung omission, such as Shannon VanRaes of Metro Winnipeg, argue that eliminating the suffragette from the running on account of her sterilization advocacy is proof of a sexist double standard. There are, after all a multitude of morally bankrupt men on our banknotes. Why should their faces remain crumpled on the cash in our purses, while McClung's is relegated to history textbooks?

But this argument is misleading. Because the question before us isn't about bank notes past — when people rarely, if ever, questioned the commemoration of a historical figure on account of his or her sins against a marginalized group. The question before us is about bank notes present. And in the present moment, and in the age of president-elect Donald Trump no less, it's a good thing that we don't jump to immortalize historical figures on our national currency who championed eugenics.

This isn't proof of an outdated sexist double standard. It's proof of a modern moral standard that bends toward the dignity of everyone.

A nation's currency is a public resource used by all Canadians, including the mentally disabled

Emma Teitel is a national affairs columnist for the Toronto Star.

VICKY MOCHAMA

An ode to Canada's own pronoun protector

I had hoped that if we stopped caring then one day
Jordan Peterson would gracefully go away
In many interviews with the nation's press
(And well, naturally. Of course. Who else?)
He tells of how he was once a prof at Harvard
Just so you know he's the best, a super smart nerd.

As a professor, though, it seems he'd be a pest
Because, as the breadth and scope of his views suggest,
He has no real interest in citing his sources
Or going back to solely teaching his courses.

But he won't fade away; no, he simply will not.
He's determined to keep the outrage fires hot.
Talking to C2C Journal, a mag of ideas,
He shared a few of his own, and I was all ears:
He won't use gender pronouns like xe, xim or xer.
It's his right not to do so. (The law protects this cur.)

Yet none of that is new — not worth the contention,
It's his other views that bear paying attention:
Women weren't discriminated against, says he.
An untruth so bold as saying a cat is a tree.

Although out his depth, he continues to swim:
The pill makes girls dislike macho men like him.
What the research truly says, if you care to know
is women's choices change, along with their flow.
So in amplifying our tastes, the pill plays a part;
It won't make us hate men — we do that cause it's smart.

Peterson spouts lines from Breitbart, The Daily Mail
where science gets turned into a right-wing fairy tale.
He worries he'll be fired for speaking his truth.
I'm more concerned that he's teaching our youth.

Dr. Jordan Peterson, the controversial, and newly apostrophized, University of Toronto professor. CARLOS OSORIO/TORSTAR NEWS SERVICE

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metro LIFE

Your essenti ews

Sia later? Singer splits from filmmaker husband Erik Anders Lang

Dress to be the hottest person at the party

Holiday Ideas

It's that time of year again. Jack Frost nipping at your nose, yuletide carols sung by a choir, and folks dressed up like ... well, thank goodness we're here to help you with that last one. Toronto-based fashion stylist Hazel Ong suggests using seasonal festivities as an excuse to sport something you wouldn't any other time of year. Oh, and: "wear something you can dance all night in," she says. Here are some outfit suggestions, broken down by personality type. NICHOLE JANKOWSKI/FOR METRO

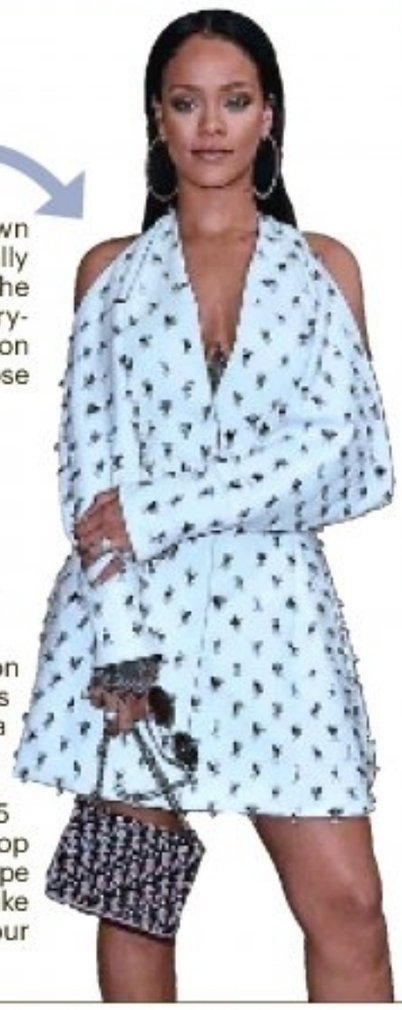
COURTESY BALENCIAGA

The Flirt: show off a work-appropriate erogenous zone

December is still cuffing season, so if you're single and looking to lock one down then consider showing off this season's totally office-party appropriate erogenous zone: the shoulders. Off-the-shoulder has been everywhere since spring but for men, JW Anderson has been doing it since Fall/Winter 2013. Chose a seasonal fabric like a velvet or metallic.

The Centre of Attention: helical striped stockings

If you want to be the most talked-about person in the room then candy cane-striped stockings are for you. Pair red and white tights with a floral or brocade dress for the most impact. The Balenciaga Fall/Winter 2016 runway version seen here is available online, but for $195 it might be worth checking your local sex shop first. Remember, you're looking for a helical stripe that winds up the leg — the idea isn't to look like the Wicked Witch of the West, you want your gams to look like two barber poles.



The Foodie: cinnamon browns and biscotti beiges

If you are what you eat, then why not dress the part? From cinnamon browns to biscotti beiges, head-to-toe nudes are everywhere thanks to Yeezy Season 3 and the Kardashian clan. May we suggest a gingerbread man-inspired ensemble? Choose an overcoat or blazer with oversized buttons to really finish the look.

Rihanna in Christian Dior and Solange Knowles is pictured at a Eckhaus Latta show. Knowles is also wearing Brother Vellies shoes, designed by Canadian Aurora James and carried at Nordstrom's The Space. PASCAL LE SEGRETAIN AND MIREYA ACIERTO/GETTY

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Forget leg room, this is real flying comfort

When some of us fly, we wear sweat pants, fight for arm rests and eat dry chicken. When others fly, they guzzle champagne, wrap themselves in cashmere scarves and sleep peacefully in fold-out beds. If you know someone who fits into the latter category — or aspires to fit into it — we've got the gift guide for you. TORSTAR NEWS SERVICE

Canadiana poncho

Nothing says Canadiana better than Hudson's Bay stripes. And this wool poncho doubles as a cosy blanket during long flights. Available online at thebay.com and in Hudson's Bay stores, $185.

Hand cream

L'Occitane is putting the frequent-flyer customer first with a set of four luxurious 10-mL creams designed to ease the trip through airport security. Available at loccitane.com and in L'Occitane en Provence stores. Package of four, $20.

Stretchy pants

Lululemon's Embrace the Space pants are perfect for the plane — stylish, wrinkle-free and comfortable. Available at shop.lululemon.com and in Lululemon stores, $128.

eReader

The Kobo Aura One e-reader will lighten the carry-on, leaving room for last minute airport shopping, $249.99. Available at Indigo.

Sleeping aids

Ensure inflight shut-eye with this Ted Baker Shadow Flora travel eye mask and neck pillow set. Available at chapters.indigo.ca and in Indigo stores, $49.

Ticket wallet

For the someone who is continuously misplacing that boarding pass, this Roots leather Ticket Wallet Tribe. Availalble online at roots.com and in Roots stores, $88. Another accessories option is a fuzzy purse decoration that doubles as an electronics charger, from Winners.

Pharrell and celebs put on the Ritz with Chanel

Pharell Williams and Lily-Rose Depp walk the runway during the Chanel Collection des Metiers d'Art 2016/17 : Paris Cosmopolite show on Tuesday in Paris, France. GETTY IMAGES

KARL LAGERFELD

Designs evoke Cafe Society dresses worn at storied hotel

Pharrell Williams put on the Ritz for Chanel's scintillating mid-season fashion show Tuesday — donning pearls on the Cafe Society catwalk at the restaurant of the newly refurbished Ritz Paris.

The singer, who called the experience "surreal," got cheers as he weaved, in a long tweed coat, between the dinner tables of well-heeled VIPs who included actresses Jada Pinkett-Smith, Willow Smith and Clemence Poesy, as well as singer Vanessa Paradis and South Korean superstar G-Dragon.

Williams was joined on the unusual runway by models such as Cara Delevingne, Georgia May Jagger and Lily-Rose Depp, who wore roses in their hair for the exuberant collection. The fashion lineup featured shimmering, tight-waisted silhouettes with strong shoulders and rendered in navy and off-white with flashes of red and dazzling gold.

The designs evoked the Cafe Society evening dresses once worn at the storied hotel — with glimmering embroideries, sunray pleats and marabou and ostrich feathers.

As ever, the nostalgia was infused with modernity in the form of oversized black bubble jackets and funky, bejeweled necklaces that cascaded down the torso.

The Ritz has a special significance for the fashion house as it's where Coco Chanel used to live.

"It's surreal, as there's so much history artistically. And Chanel is a brand that I respect artistically, so I feel like it makes a lot of sense (to host the show at the hotel)," Williams told The Associated Press.

About his choice of look, he answered simply: "I like pearls."

The mid-season "art et metiers" collection honouring the craftsmanship of the Chanel atelier is held once a year in a special location. In previous years, the Chanel atelier has travelled to Rome, Salzburg, Dallas, Edinburgh, Mumbai and New York.

The one item from the show the famed couturier did not share enthusiasm for were the luxury pastries the dinner guests ate along with tea and "Belle Epoque" champagne.

"I don't eat this kind of stuff," said Lagerfeld, who famously lost 92 pounds in 13 months more than a decade ago. THE ASSOCIATED PRESS

REPUTATION

Show of support for Paris

This year, Chanel designer Karl Lagerfeld said he decided to bring it home to Paris in a show of support for the city that's seen tourism decline after a series of deadly extremist attacks.

"Paris has such a bad reputation with the Paris bashing all over the world ... that I thought it would be fun," Lagerfeld said.

THE ASSOCIATED PRESS

#YVR INDEX

The Kit Compact—Canada's beauty and fashion brand—brings you Vancouver's best holiday style

FESTIVE DREAMS

We asked three stylish locals to share the #1 item on their wish lists

KIARA SCHWARTZ, @tobruckave

"Everyone needs a long coat in their closet for the holiday season. It's cozy and helps you always look put together. I love this one from Topshop—it's perfect for a holiday party, shopping or a night out with the girls."

TOPSHOP COAT, $240, THEBAY.COM

CLAIRE LIU, @vonvogueblog

"This is a perfect gift idea for those who go to the gym often and want to smell good after a shower without carrying too many bath products. It's definitely ideal for minimalists."

BULGARI SHAMPOO AND SHOWER GEL, $54, SEPHORA.CA

LUCY YUN, @Beyunique

"I am all about supporting local designers and Wwake has been one of my favourite Vancouver jewellery designers since 2009. I am madly in love with this pair of 14-k gold rings with moonstone and white diamond that can be worn separately and stacked together beautifully."

WWAKE RING, $1,470, NORDSTROM SPACE

SHOPPING: LIT CANDLES

Behold, eight days' worth of seasonal candles to set your world on fire—and solve your gifting dilemmas

1. **BASALT** CANDLE IN SAINT VIOLET, $45, BIBELOTAND TOKEN.COM. 2. **NEST FRAGRANCES** BIRCHWOOD PINE CLASSIC CANDLE, $56, SEPHORA.CA. 3. **CATBIRD** TAROT DECK TRAVEL CANDLE, $25, EASYTIGERGOODS.COM. 4. **VANCOUVER CANDLE CO.** NEIGHBOURHOOD COLLECTION CANDLE IN KITSILANO, $38, VANCOUVERCANDLECO.COM. 5. **ACQUA DI PARMA** LAVANDA CANDLE, $112, NEIMANMARCUS.COM. 6. **LAKE LOUISE** BREEZE CANDLE, $10, INDIGO. 7. **MUGLER** ANGEL ÉTOILE DES RÊVES PERFUMED CANDLE, $98, SHOPPERS DRUG MART. 8. **DYNAMITE** VANILLE CACHEMIRE CANDLE $15, DYNAMITECLOTHING.CA

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FROM THE EDITORS OF THE KIT compact

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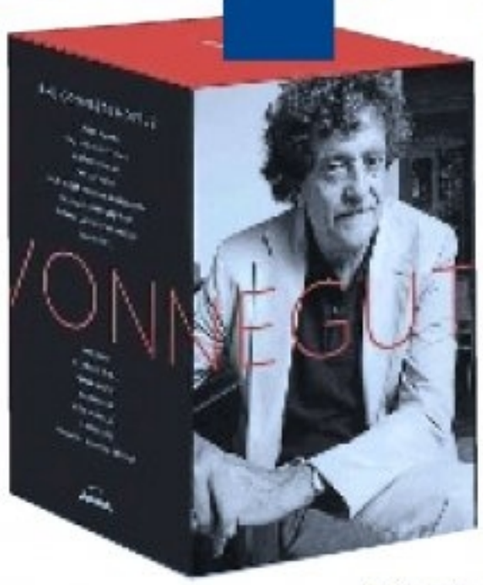
4 SCI-FI READS TO HELP YOU ESCAPE

Mad worlds, some with shopping, others with familiar characters, make up the latest reads for science fiction fans arriving on shelves TORSTAR NEWS SERVICE



Kurt Vonnegut: The Complete Novels

Kilgore Trout, a prolific author of paperback SF, is a recurring character in Kurt Vonnegut's writing. Though not commercially successful, Trout's books endure hard use, turning into bundles of paper resembling "lopsided old softball[s], swaddled in different sorts of tape."

If that describes the condition of the Kurt Vonnegut paperbacks on your bookshelf, and it probably does, you might want to treat yourself to this deluxe edition of all 14 of his novels published by the Library of America. Every title is included, along with a nice selection of stories, essays, introductions, and other material wrapped up in a four-volume box set. Vonnegut's attitude toward SF was ambivalent. On the one hand he was aware of how it could become a dangerous drawer for an author to be placed in, "since so many serious critics regularly mistake the drawer for a urinal." He was, however, always drawn to SF as a form of satire. **(Library of America, $186.00, 3,317 pages)**

Normal

Spending a lot of time thinking about the future can be depressing, especially if it's your job. The strain might even lead to a breakdown, followed by a stay at the Normal Head Institute in Oregon, an off-the-grid and into-the-woods asylum for strategic forecasters and foresight strategists.

Looking into the abyss of what's to come, these people have been granted an excremental vision of the future. Everything is going to pot.

In Warren Ellis's short, parable-like novel Normal, the professional futurist Adam Dearden comes to Normal Head and uncovers a mad conspiracy cleverly concealed among the mad. If he can clear his head of drugs and avoid any pesky nanobots he may be able to unravel it all and find some answers to important questions about where humanity is headed. **(Farrar, Straus and Giroux, $18.00, 160 pages)**

Cyber World: Tales of Humanity's Tomorrow

At one point in time, some 20 or 30 years ago, "cyberpunk" seemed the future of SF. Today it's a term that isn't used as much, but only because, as editor Joshua Viola puts it in his intro to this great new anthology, "we live in a cyberpunk world."

Our interaction and codependent relationship with intelligent technology, the directed evolution of humanity by drugs or other forms of augmentation, an inescapable global digital culture, are all part of our everyday reality.

The lively and imaginative stories collected here take us even further into this cyber world, envisioning a diverse future that seems more likely every day. **(Hex Publishers, $14.99, 245 pages)**

The Tourist

Fans of time-travel stories and books that require more than one reading to figure out will likely enjoy The Tourist, a novel by Robert Dickinson that encourages such loops.

The setup has it that, in the future, going back into the past has become part of the travel industry, so visitors from the 24th century can take package tours of our own time. Apparently shopping malls are among the most popular destinations, as they are as good a place as any to check out the best our civilization has to offer while getting ripped off by "natives" selling 21st-century junk.

On one such expedition a tourist goes missing. Then it's not clear if the tourist was ever there in the first place. The search for this time-skipping Bunny Lake then turns into a truly baffling political conspiracy involving secret agents, time machines, and various end-of-the-world scenarios. **(Redhook Books, $34.00, 352 pages)**

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JOHANNA SCHNELLER WHAT I'M WATCHING

The rewarding luxury of time

THE SHOW: Westworld, S1, E10 (HBO)
THE MOMENT: The Escape

Ingrid Bolso Berdal, Leonardo Nam, Rodrigo Santoro and Thandie Newton in a scene from the Westworld season finale. CONTRIBUTED

Maeve (Thandie Newton), a robotic madam, seems to have achieved human consciousness. Now she's busting out of the eerily lifelike Westworld theme park, along with human scientist Felix (Leonardo Nam) and two gunslinger robots, Armistice (Ingrid Bolso Berdal) and Hector (Rodrigo Santoro).

They ride an elevator down to the lab. They traverse a hallway of glass-walled rooms; in them, robots learn to gamble, bathe, have sex. Suddenly, an army of security guards fires at them.

Armistice and Hector duck into a storage room, where scores of naked robots stand. They slit a guard's throat. Armistice grabs his gun. Chortling at its power, she offs several guards.

The foursome barge into a power-generating room, then into another lab. In here, however, the robots are Samuri practicing swordplay.

"What is this place?" Maeve asks.

"It's complicated," Felix answers.

It sure is.

Yesterday I wrote about The Crown's pricey production values. Westworld's budget makes The Crown's look spare. In this single sequence, there are multiple sets, hundreds of precisely costumed extras, elaborate stunts, and CGI. Yet this isn't an exception — every sequence is like this.

Here's the true marker of HBO's financial commitment, though: The network allowed series creators Lisa Joy and Jonathan Nolan to shut down production in the middle of season one so they could craft a richer story. And they won't air season two until 2018, because Joy and Nolan need a year to write.

Extras, costumes, sets, CGI — all are costly. But in TV, the most lavish luxury — and the most rewarding — is time.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Pitt's custody files won't be sealed

PRIVACY

Agreement calls for visits guided by a therapist

A judge on Wednesday rejected Brad Pitt's request to seal details about custody arrangements in his divorce from Angelina Jolie Pitt.

Los Angeles Superior Court Richard J. Burdge Jr. denied Pitt's request in a brief written order that states the filing did not meet the requirements for sealing details at this time. Pitt had sought to seal details of his custody dispute with Jolie Pitt at an emergency hearing, but Burdge declined to hear the petition on an expedited basis.

Pitt's motion came two days after the release of a custody agreement that he and his estranged wife reached in late October. The agreement calls for the actor to have visitation with his children under the guidance of a therapist.

Pitt intends to seek temporary custody orders soon, and his filing states that he wanted those documents sealed to protect the children's privacy. He was also seeking the sealing of any custody-related filings.

"I am extremely concerned that if court records regarding custody are not sealed, information contained therein will cause irreparable damage to our children's privacy rights," Pitt wrote in a sworn declaration filed Wednesday.

Pitt's attorney Gary Fishbein declined comment after the hearing.

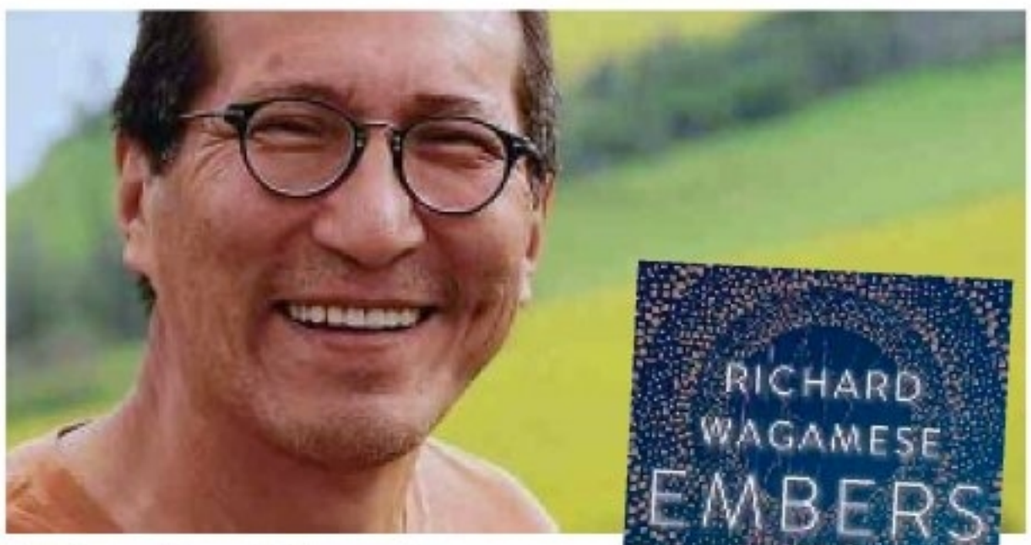
Brad Pitt intends to seek temporary custody orders and wanted those documents sealed to protect his children's privacy. GETTY IMAGES

Jolie Pitt filed for divorce in September and currently has primary custody of their six children.

Her attorneys wrote in court filings Wednesday that Pitt's request was an attempt to shield himself from embarrassing details. THE ASSOCIATED PRESS

NEW RELEASES

Books that give voice to indigenous culture

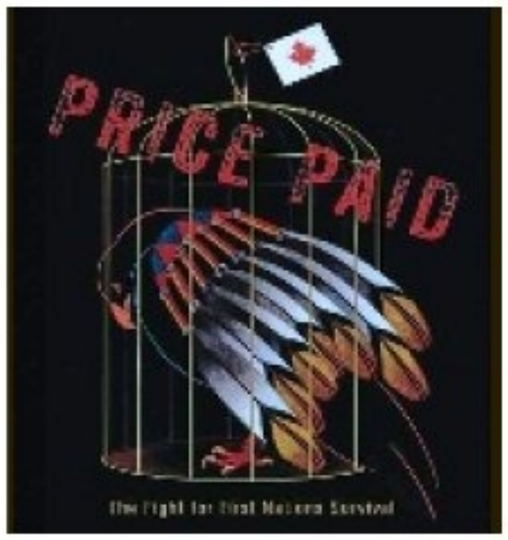


Embers: One Ojibway's Meditations, by Richard Wagamese

Wagamese (author of Indian Horse and 13 other books) explains that the meditations in this beautiful volume have come to him during his morning ritual (involving tea and several sacred objects). Each is less than a page, addressing aspects of stillness, harmony, trust, reverence, persistence, gratitude and joy. They are words to live by and would make a meaningful gift to friends and family who seek a spiritual path. ALL TEXT TORSTAR NEWS SERVICE

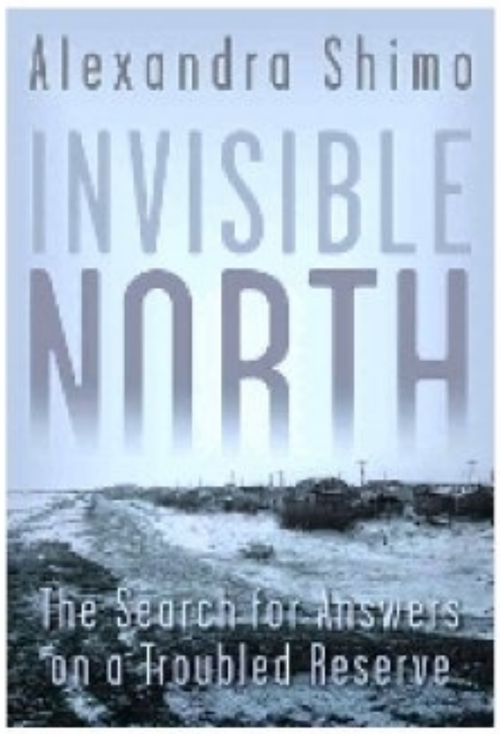
Price Paid: The Fight for First Nations Survival, by Bev Sellars

This bracing alternative history of Canada is told from the perspective of indigenous culture. Sellars, a historian, lawyer and the first elected chief of the Soda Creek First Nation, has a deep knowledge about Canada before "contact" and since. A survivor of the residential school system, she combines personal experience with strong views on how public policy has failed her people.



Sounding Thunder: The Stories of Francis Pegahmagabow, by Brian D. McInnes

Francis (Peggy) Pegahmagabow (1889-1952), an Ojibwe from the Georgian Bay area, is remembered as Canada's most decorated indigenous soldier during the First World War. Brian McInnes (a.k.a. Waabishkimakwa) is Pegahmagabow's great-grandson, an academic at the University of Minnesota. In this labour of love, he interweaves the oral history related by Francis's children with the historical record of the times and a primer on Ojibwe linguistics.

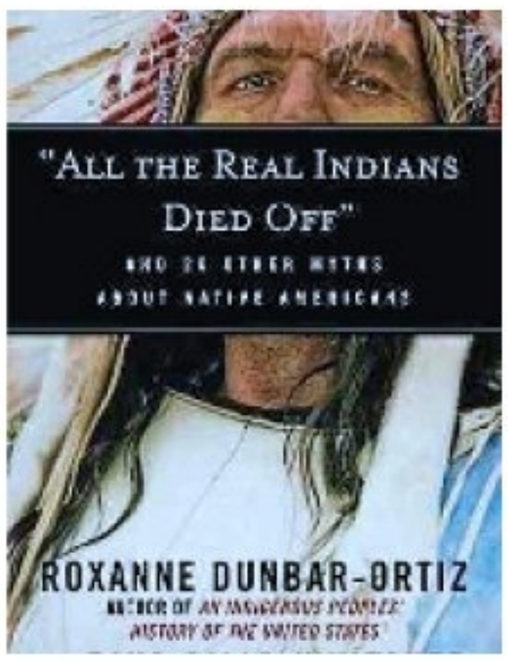


Invisible North: The Search for Answers on a Troubled Reserve, by Alexandra Shimo

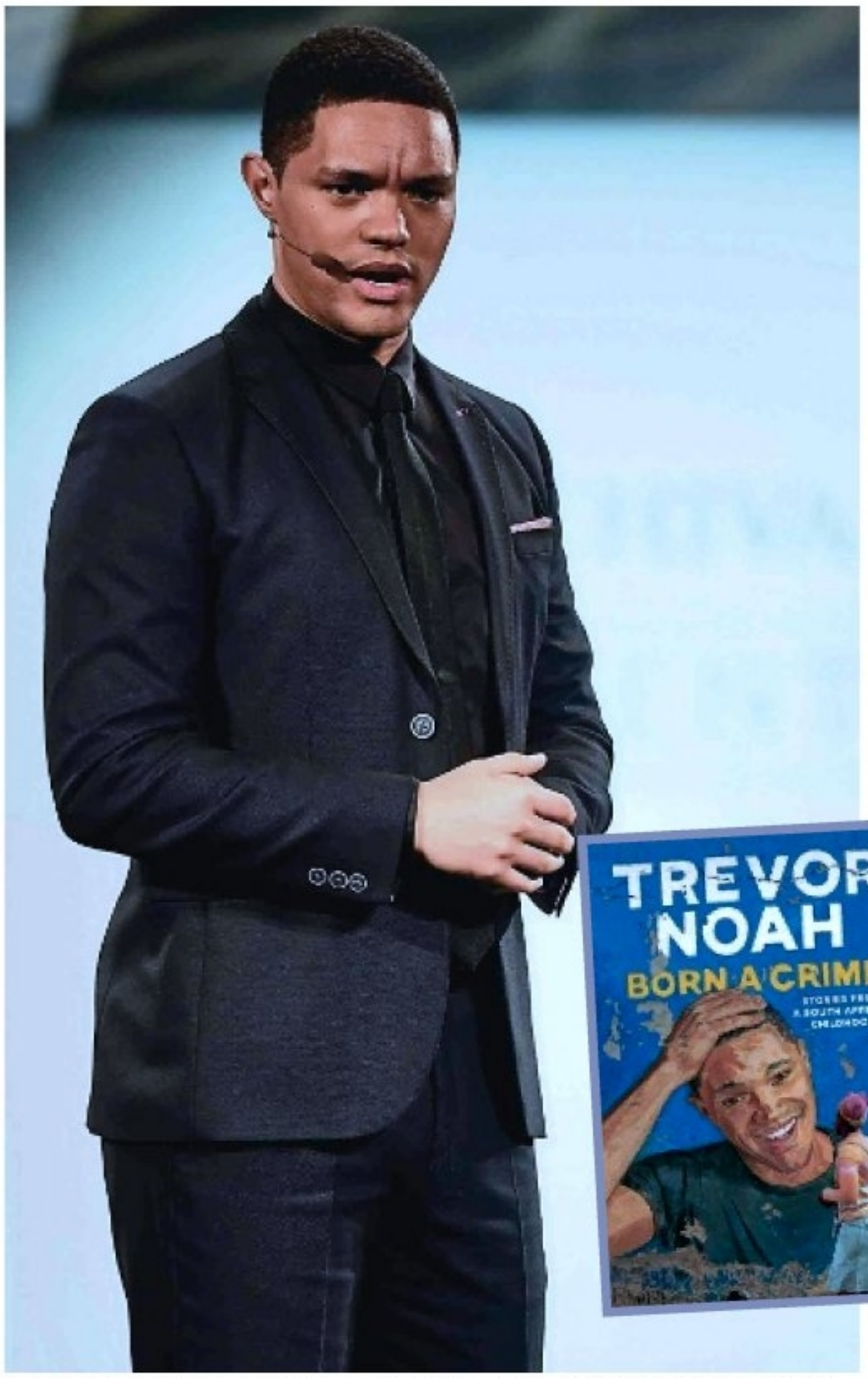
In 2010, journalist Alex Shimo visited Kashechewan, a fly-in First Nations community 1,000 kilometres from Toronto, to investigate reports of an infected water supply and teen suicide. The appalling community dynamics she encountered soon took its toll: Within four months, she had unspooled, physically and mentally, and was back in Toronto, where she pulled herself together and made two subsequent trips. Her account of her experiences is part memoir, part gripping exposé, wholly unforgettable.

All the Real Indians Died Off: And 20 Other Myths About Native Americans, by Roxanne Dunbar-Ortiz and Dina Gilio-Whitaker

The myths (not so much "myths" as misconceptions and prevarications) begin with the assertion that Columbus discovered America: In fact, the authors say, Columbus never stepped foot on North America on any of his four trips (though he did rob residents of what we now call the Bahamas and Cuba). Dunbar-Ortiz is the author of An Indigenous Peoples' History of the United States) and co-author Gilio-Whitaker is a journalist, specializing in indigenous studies.



Trevor Noah, natural-born storyteller



Trevor Noah shares 18 personal essays about growing up as a child of a white Swiss man and black Xhosa woman in apartheid South Africa. GETTY IMAGES

BORN A CRIME

An outsider living in apartheid South Africa

Sue Carter
For Metro Canada

When Trevor Noah was a kid, his mom would tell stories about how talkative he was. It was like he had a radio in his chest, she would say.

Well before he became one of South Africa's most famous entertainment exports — first as a stand-up comedian, and then as host of the late-night Daily Show — Noah was a natural storyteller, a gift he no doubt inherited from his mother, Patricia, who also emerges as the fierce hero of his new memoir, Born a Crime.

Told in 18 personal essays that are in turn humorous and horrifying, Born a Crime revisits Noah's early years living in apartheid South Africa as the child of a white Swiss man and a black Xhosa woman. The title refers to the fact that under apartheid rule, mixed-race relationships were illegal and could land a couple in prison, and any resulting offspring could be taken away without warning. Noah's relationship with his father was kept hidden, and even rare walks with his mother were fraught with tension. Although apartheid ended when Noah was six, its legacy of poverty, violence and racism remained a constant in his family's lives.

While writing the book, Noah sought out friends and family who reminded him of his early life, and retold their memories.

"I tried to keep the book sounding like I'm telling you the stories, as opposed to a journalistic foray into my life," he says.

Similar to other celebrity memoirs such as Patti Smith's Just Kids, Noah's coming-of-age tale makes little reference to his future success.

> **The great thing about being an outsider is that it forces me to empathize.**
> Trevor Noah

"My main intention was always to stay in around my childhood stories, to give some insight into the world I grew up in," he says.

Growing up, Noah's world was shaped by his lighter skin tone: considered neither black nor white, he became something of a curiosity in both communities. Happily a loner, he spent his time indoors reading books and creating imaginary worlds; he now observes how being on the periphery has helped him living abroad in New York.

"The great thing about being an outsider is that it forces me to empathize and to acknowledge that the world isn't just the way that I see it. You know that communication won't always be met with the utmost enthusiasm," he says. "When I'm at the Daily Show, or even doing stand-up and travelling, you are essentially trying to communicate across worlds. It's something that I really enjoy doing."

As a teenager, Noah — who hawked pirated CDs and used the money to create a mini-DJing empire in a nearby crime-ridden shantytown — figured out how to use his outsider status to his advantage. Upon Patricia's insistence, he learned six languages, a skill that enabled him to slip in and out of various social cliques, and squeak out of trouble. It laid the groundwork for his stand-up act, which often features mimicry, and gave him an understanding of how comedy can contain various rhythms, depending on the language spoken.

"When you move between different languages what's really fun is you think in a different way completely,' he says. "You explore parts of your personality in a different way."

Sue Carter is the editor at Quill & Quire magazine.

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metro HOME

Your essential daily news

'Full House' house scooped up by Full House creator for $4M U.S.

MEET THE CONDO

Urban living and park life

CONTRIBUTED

Project overview

Park Station is of an intimate eight-storey concrete design with 55 homes located in the heart of South Vancouver. Homes start at 500 square feet and move up from there featuring one, two and three bedrooms plus den options. Live quietly along Cambie Street, or easily access all Vancouver has to offer in just under 20 minutes away.

Housing amenities

Park Station homes have expansive windows and dramatic nine-foot ceilings in each unit. The kitchen comes equipped with a Miele collection featuring a gas stove and convection oven, as well as a built-in refrigerator and Panasonic microwave. Quartz countertops along to the bath, with an Acri-tec tub and sink to unify the room.

Location and transit

Langara-49th SkyTrain Station will serve as the central hub connecting Park Station residents to several different parts of Metro Vancouver. One station north brings you to Oakridge Centre, while a few stations south can take you to the Cineplex theatres at Marine Drive Station. Those with automobiles can take Cambie Street or 49th Avenue quickly and easily.

In the neighbourhood

Cambie and 48th Avenue is the perfect corner to experience all things Vancouver. Spend time in the calm and luxurious neighbourhood, or hop on the Canada Line for quick access to Oakridge Mall, or just head a few more stops down to reach the downtown core. The Langara Golf Course and walking trails begin a block south, and Tisdall Park is across the street.

NEED TO KNOW

What: Park Station
Developer: L & A Real Estate Investment Ltd.
Builder: L & A Real Estate Investment Ltd.
Designer: Architect by Integra Architecture Inc., Interiors by Area3
Location: South Vancouver
Building: Highrise condos
Sizes: From 500 to 1,600 square feet
Model: One, two and three-bedroom homes
Pricing: Contact the sales centre
Status: Pre-sales
Sales centre: Cambie Street and 48th Avenue
Phone: 604-559-7888
Website: parkstationliving.ca

DESIGN

Saddle up in style on new rocking horses

The rocking horse, offspring of the hobby horse, seems to have appeared first in the early 17th century. Not much more than a log with board sides, it may have been inspired by the cradle, according to Alec Kinane of Legends Rocking Horses in Buckinghamshire, England.

"The horse on bow rockers that we know and love today was a product of 18th century England," Kinane says. "It was popular with the wealthy, and it is said they were used to help develop children's balance for riding real horses."

Kinane and his wife, Beverley, have been hand-carving and restoring rocking horses for 30 years. Their finely finished steeds, crafted from hardwoods like oak and cherry, with real horse hair manes and tails and leather saddles, sell for thousands of pounds.

It may have been Queen Victoria's love of the rocking horse that led to its becoming a children's favourite.

There are less elaborate wooden rocking horses, like KidKraft's Derby horse. More of a horse-shaped rocking bench with yarn mane and tail, it's nonetheless a sturdy-looking steed.

But for those who want a rocking toy they can put their arms around, consider the cuddlier versions that dominate the market now.

Charm Company's Hercules is a regal creature made of soft chestnut plush on a wooden frame; squeeze his ear and his mouth and tail move. Trademark Games' Happy Trails rocking horse is a cowgirl-friendly pink confection, complete with silvery ears and a battery-operated neigh.

Designers are experimenting with rocking toys beyond the horse, as well. Woes and Pia Weinberg of the Netherlands use Kvadrat wool and French oak to create three style-savvy rocking toys in shapes that surprise: a grey cloud, a jaunty bowler hat and a slice of watermelon.

Rockabye's Lambkin and Owliver rocking toys are low enough to the ground for the tiniest riders. Four buttons play songs about shapes, colours and ABC's.

Finally, future sailors might like the Maine Dory rocking boat. Crafted from salvaged Maine lumber.

THE ASSOCIATED PRESS

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A space befitting the holidays

TIPS

A few updates can make all the difference in the world

Glen Peloso
For Torstar News Service

Your guests will inevitably end up in the kitchen, so why not embrace it? Repainting cabinets and changing hardware will give the space a fresh new look. ISTOCK

It's beginning to look a lot like the time people start thinking about hosting friends and family in their homes for the holidays — and perhaps wanting to get a new kitchen installed beforehand.

Guess what? That's not going to happen. Renovations require a lot of time, but undertake these five projects now and you'll have a space fit for entertaining faster than Santa can slide down a chimney:

Spruce up the kitchen

No matter where you try to put them, guests always end up in the kitchen — so consider updating it. Paint and hardware date a kitchen, so repainting cabinets and changing hardware will achieve a fresher, modern look.

Changing countertops will have an impact on the whole room and there are a variety of surfaces to choose from: granite, marble and laminate, but natural stone surfaces offer durability. This may also be a good time to replace ancient appliances, so you can pull off a roast beast and side dishes, no problem.

Boost the bathroom

Guests are also bound to visit this room. Paint or wallpaper can subtly or dramatically change the look of the space, while a new faucet in clean and sleek lines can freshen a tired-looking sink and vanity.

Towels can inject a new color or lend texture with pattern into the room.

To really up your game, consider a self-cleaning toilet. American Standard has come out with the ActiClean toilet that includes a one-minute or nine-minute clean at the press of a button. You may never fret again when unexpected guests drop by.

New furniture

If you want to change your sofa or incorporate some new occasional chairs into your entertainment space, make those purchases now so your furniture can be delivered by holiday time. Think twice at this stage about ordering a custom-created piece of furniture — it can take as long as 10 weeks to arrive at your door.

Another option is buying sample furnishings from showrooms, although this means you'll have to take them the way they look. If the furniture you'll be retiring is in good shape, consider donating it to a Furniture Bank.

Create a focal wall

The dining room warrants a little more attention, since it is really used during the holidays. Use paint or wallpaper to create a focal wall. Then place something you want to highlight on or near this wall — a fantastic artwork or a sideboard.

The idea of a feature wall is to draw focus to something beyond just the wall, so have a compelling reason for the feature.

When it's well done, it can leave your guests thinking you've completely renovated the room since the last time they came to your place.

Be prepared

With lots of people coming and going, there are bound to be some messes along the way.

Guests can feel terrible when they accidentally spill or break things in your home, or when slush and debris on the soles of their boots end up on your floors.

Have items such as a wet mop, scrub brushes, paper towels, stain remover, a broom and dust pan, and even a hand-held vacuum cleaner at the ready so you can jump on those little messes quickly, prevent other accidents and keep the party going.

Glen Peloso is principal designer of Peloso Alexander Interiors, national design editor of Canadian Home Trends magazine and a design expert on the Marilyn Denis Show on CTV. Contact him at pelosoalexander.com and follow on Twitter at @peloso1.

GARDENING

One of the many ways plants make our lives better

Mark Cullen
For Torstar News Service

I have only been hospitalized once in my adult life. I spent a couple of days in Toronto East General (now the Michael Garron Hospital) three and a half years ago, recovering from radical prostate surgery, and came to understand why so many hospitalized people just want to go home. Perhaps, with a measure of luck, there are windows at home.

My hospital room had a window that overlooked a bank of air conditioners that whirred endlessly. If I looked out over the HVAC units I could see a street lined with trees.

One tree stood out, not for any particular reason other than it was big enough for me to see from a distance. Its dominance of the horizon impressed me, and I focused on it as I struggled with the pain from a substantial incision.

I would look at that tree and reflect on the time I would spend appreciating trees more deeply when I was released from the hospital.

It turns out I am not unique in this regard.

> By some measures, patients who gazed out at a natural scene were four times better off than those who faced a wall.

In the early 1980s, a researcher visited a hospital in Pennsylvania and gathered information about patients who had gallbladder surgery. In those days, a gallbladder patient would need a week to two weeks of recovery in the hospital.

According to Adam Alter, assistant professor of marketing and psychology at New York University's Stern School of Business, the hospital had views of a brick wall on one side and on the other, a view of a stand of trees. Other than that, the rooms were identical. "How did patients recover, relative to their physical location?" researchers asked.

You are likely way ahead of me on this and have already guessed that the view of the trees produced the most positive results.

The patients with the view of the brick wall needed, on average, an additional full day to recover.

Consider the math on this and let us assume each of the patients stayed for a full two weeks. The patients who overlooked the brick wall stayed for one extra day. Fourteen days versus 15 days equals a longer stay by seven per cent.

The study goes on to reveal that, by some measures, patients who gazed out at a natural scene were four times better off than those who faced a wall.

Since this study took place at Paoli Memorial Hospital in Paoli, Pa., myriad other studies have proven the same basic principle: we NEED nature. She helps us heal and focus.

Mark Cullen is an expert gardener, Order of Canada recipient, author and broadcaster. Get his free monthly newsletter at markcullen.com. Look for his new bestseller, The New Canadian Garden, published by Dundurn Press. Follow him on Twitter @MarkCullen4.

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metro SPORTS

"That's never been our mindset to coast at any point": QB Dak Prescott on his playoff-bound Dallas Cowboys

Delivering a weak punch

UFC 206 Pre-fight workout

Saturday's card has many Canadian fans wanting more

Joe Callaghan
Metro | Toronto

Anthony Pettis spars during a UFC 206 workout in Toronto on Wednesday. EDUARDO LIMA/METRO

How different things might have been.

Toronto's Massey Hall was sleepy and hollow Wednesday at lunchtime as the first foray of UFC 206 fight week summed up so much. As Anthony Pettis — one half of the headline act of the organization's first pay-per-view card on Canadian soil in almost two years — took centre stage, there were barely 60 souls inside the grand old venue.

Had original plans come to fruition, the place would have been packed to the rafters. When the UFC announced its return to the Air Canada Centre in August, the expectation was this would be the new regime welcoming back an icon of the past.

The UFC had been sold for $4.2 billion in the summer and as much as Conor McGregor and Ronda Rousey's wild popularity had helped drive up the record price tag, the founding fathers played their part too, none more than Georges St-Pierre.

Now the man behind the initials GSP would finally be returning front and centre. St-Pierre, who hasn't fought in three years, enrolled in USADA's drug testing program which, as it happened, would have made him eligible to return by this Saturday. There were just contractual negotiations to navigate.

And then nothing happened.

Talks were fruitless, barriers insurmountable. The UFC instead announced Daniel Cormier would put his light heavyweight title on the line against Anthony (Rumble) Johnson in the main event of a fight card that was shallow on names and left fans deep on reservations. There was even a social media push for a boycott.

Two weeks ago Cormier got injured, a new main event was fabricated from thin air and things went from bad to worse to Wednesday — the eerie emptiness inside Massey Hall. All of this in a country and city that five years ago shattered the sport's record when 55,724 fans packed into the Rogers Centre for UFC 129.

> **Unfortunately I think for this event, there will be more viewers for the prelims than the pay-per-view.**
> Olivier Aubin-Mercier

"It's unfortunate that Rumble and Cormier couldn't fight, but I don't know if people were quite excited about that anyway," said Mark Hominick, the retired UFC fighter who served as GSP's supporting act on that historic 2011 card. "Behind the scenes, the UFC were definitely hoping to have Georges. That would have been such a highlight for Canada, to come back in Toronto and headline a home card. That would have been huge."

Instead Pettis and Max Holloway are headlining a card that has left many questioning the relationship between Canada and the UFC. In short, it's complicated.

The new regime hasn't done much to inspire confidence north of the border, laying off almost the entirety of its Canadian office including its well-liked chief, Tom Wright. The country's most high-profile competitor, B.C.'s Rory MacDonald, was allowed to jump ship to rival organization Bellator. Now comes a pay-per-view that many fans consider barely above free-to-air Fight Night standard.

It's all a world removed from the turn of the decade when the UFC held nine Canadian PPVs in the space of three years. There have been just two in the three years since.

But, according to Hominick, Canada hasn't quite been holding up its part of the bargain either.

"Georges leaving was huge and no one has really stepped up to fill that void," he told Metro. "There was so much pride with being Canadian and having Georges represent us. What we need is to get a new crop of stars and get behind them."

It was perhaps best summed up by one of Saturday's home-based fighters. Olivier Aubin-Mercier was asked yesterday about being booked for the preliminary card, which airs on TSN, rather than the usually much higher profile pay-per-view portion.

"I like to be on the prelims because all my friends and family don't have to pay the pay-per-view," said the Quebec Kid. "Unfortunately I think for this event, there will be more viewers for the prelims than the pay-per-view. Even if the main fighters are a really interesting fight ... the pay-per-view is going to get hit."

How different things might have been.

UPSTART CANUCKS

Three Canadians who could step up in the post GSP/Rory MacDonald vacuum:

Misha Cirkunov

Undefeated in three UFC fights to date, the Latvia-born Torontonian is a bona fide prospect at light heavyweight. A victory over Nikita Krylov on Saturday could spur big things.

Chad Laprise

Laprise rebounded from back-to-back defeats with an impressive TKO win in Vancouver in August. Now the London, Ont., striker hopes a move up to welterweight will pay dividends.

Elias Theodorou

The Mississauga, Ont., middleweight talks a great game and, other than a solitary defeat last December, has largely backed it up. The Spartan will likely return to the octagon in Halifax in February.

MLS

Whitecaps move on from Morales

Pedro Morales GETTY IMAGES

The Vancouver Whitecaps announced Wednesday they will not exercise the 2017 contract option on midfielder and captain Pedro Morales.

The Chilean leaves the club with 25 regular-season goals and 22 assists — a franchise-best mark — over three Major League Soccer seasons.

The 31-year-old joined the Whitecaps from Spanish La Liga side Malaga in March 2014 and started 71 of 86 MLS appearances, including three MLS Cup Playoffs matches.

Morales was named the MLS Newcomer of the Year for the 2014 season. THE CANADIAN PRESS

IN BRIEF

Canada wins two silver medals in the pool

Canada raced to a pair of silver medals at the world short-course swimming championships on Wednesday in Windsor, Ont.

Kylie Masse of LaSalle, Ont., picked up one in the women's 100-metre backstroke.

And Yuri Kisil, Markus Thormeyer, Michelle Williams and Sandrine Mainville raced to second place in the mixed 4x50 freestyle relay.

THE CANADIAN PRESS

Enforcer Scott retires

Former NHL tough guy John Scott, whose roller-coaster ride to the league's all-star weekend was a major storyline of the 2015-16 season, has announced his retirement.

Scott made headlines last season when he was voted into the NHL all-star tournament. He played for the Arizona Coyotes for part of the season and still served as Pacific Division captain despite being traded to Montreal and demoted to the AHL. THE CANADIAN PRESS

NBA

LeBron lets his play talk in Cavs victory

LeBron James scored 25 points, Kyrie Irving and Kevin Love also surpassed 20, and the Cleveland Cavaliers crushed the New York Knicks 126-94 on Wednesday night.

James had nothing to say Wednesday morning about Knicks president Phil Jackson and not much more about his decision to not stay with the team in a Donald Trump-branded hotel, but he and the Cavs made a loud statement at Madison Square Garden.

WEDNESDAY In N.Y.C.

CAVS	KNICKS
126	94

It was their second straight win after a three-game skid, and they did it easily in handing the Knicks their worst loss of the season. Irving led Cleveland with 28 points and Love scored 21. THE ASSOCIATED PRESS

Delicate Pumpkin Ricotta Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Taking fall's super star veg — pumpkin — in a savoury rather than sweet direction yields one of our most luxurious pastas.

Ready in 20 minutes
Prep time: 20 minutes
Serves 4

Ingredients
- 500 g pasta
- 1 Tbsp olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- 1 Tbsp fresh chopped sage, plus more for garnish
- 1/4 cup ricotta
- 1 cup pumpkin purée
- 1 cup chicken broth
- fresh grated nutmeg to taste
- Salt to taste
- 1/4 cup water
- 1/2 cup Parmesan cheese, plus more for garnish

Directions

1. Cook pasta according to directions. Once al dente, reserve 1/4 cup of the cooking water and draim.

2. While pasta cooks, heat olive oil in a large skillet over medium heat. Add shallots, garlic and sage and cook until tender, 5 to 7 minutes.

3. Add the ricotta, pumpkin purée, chicken broth, nutmeg and a pinch of salt; stir until combined.

4. Stir in pasta and coat with sauce. Add reserved pasta water to thin sauce to desired consistency. Mix in Parmesan cheese.

5. Serve pasta with sprinkling of Parmesan cheese and chopped sage.

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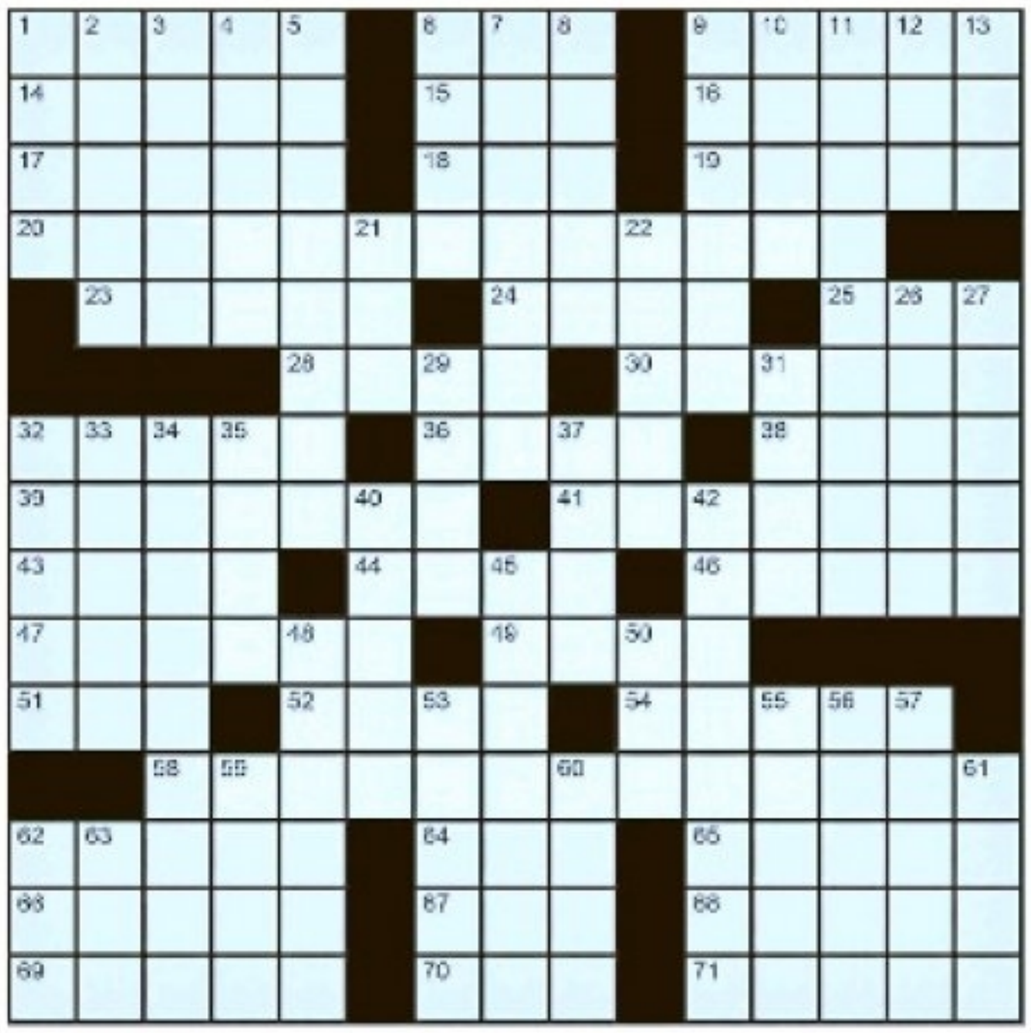
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cramp
6. Ship's stern
9. Got Z's
14. __ couture
15. Quarrel
16. Real estate listings
17. Those in the know, __ circle
18. Rapa __ (Easter Island)
19. "West Side Story" (1961) character
20. Canadian journalist (b.1938 - d.2005) who anchored "ABC World News Tonight": 2 wds.
23. Merle Oberon title role film of 1941
24. Ms. Moore
25. "Gimme a __!" (Wait!)
28. Tea service piece
30. Green-on-copper
32. Theatrically shows approval
36. "Coach" star, Jerry Van __
38. Rime
39. Discounted
41. Pasta consistency with a bit of a bite: 2 wds.
43. Mr. Sharif
44. Meddlesome [var. sp.]
46. Not yet established
47. Red-suited Christmastime workers
49. Eyeliner of ancient Egypt
51. Mr. Barrett of early Pink Floyd
52. Gem type
54. Antelope of Africa
58. Town in Quebec on the Richelieu River: 2 wds.
62. The blahs
64. Matterhorn, for one
65. Bert's pal
66. Cake shop 'levels'
67. Hall & Oates
68. Architectural base
69. "In case you __ noticed..."
70. Currency in Japan
71. Fishhook line

DOWN
1. Transport
2. Comic strip square
3. Like your uncle's wife
4. War horse
5. Most in the mood for Christmas
6. "Rule, Britannia" composer
7. Metal castings factory
8. String
9. Ms. Twain, Canadian music superstar
10. Lengthy
11. Air-affecting discharges
12. Dog or cat
13. US airport screening org.
21. Skull section
22. Urge forward
26. Related maternally
27. Symbol on a computer keyboard's 6 key
29. Taro root
31. And so...
32. Christianity symbol
33. Catriona __ __ Doan (Canadian Olympian/broadcaster)
34. Like a rusty car sitting out in the middle of nowhere
35. Component
37. Boxing match ender, informally
40. Come to pass as a consequence
42. Lack of shine
45. Sunny yellow - Cloud white ...and what other 'up there' hue?: 2 wds.
48. Painter or sculptor
50. "And I Love __" by The Beatles
53. Gisele's football hubby Tom
55. Item worn in the kitchen
56. Jack of "Twin Peaks"
57. Feared tool at the dentist's office
59. The Byrds' repetitive song title word!
60. Stratford-__-Avon
61. Boat's stability provider
62. Ordinal suffix
63. Ms. Long

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today the Moon is in your sign, magnifying your emotions. Keep this in mind if you start to overreact to something going on around you or to something someone says.

Taurus April 21 - May 21
Work alone or behind the scenes, because this will suit you best today. You are ambitious right now. However, you should wait to get all the facts before you take action.

Gemini May 22 - June 21
A personal discussion with a female acquaintance will be meaningful for you today. In fact, this person might influence you to change your future goals.

Cancer June 22 - July 23
Personal details about your private life seem to be public knowledge today, especially in the eyes of bosses and VIPs. Do you need to do some damage control?

Leo July 24 - Aug. 23
Do something to expand your world and give yourself a sense of adventure. Go someplace you've never been before. Shake things up a little!

Virgo Aug. 24 - Sept. 23
Today is a good day to focus on financial matters related to inheritances, shared property, taxes and debt. Clear up loose details if you can.

Libra Sept. 24 - Oct. 23
Because the Moon is opposite your sign today, you have to be cooperative with others. Be tolerant. Be compromising. At the very least, listen to what others have to say.

Scorpio Oct. 24 - Nov. 22
Do something to make yourself feel better organized and more on top of your game. Tidy your work area. Make some proactive lists. You want to get back in the game!.

Sagittarius Nov. 23 - Dec. 21
This is a playful, lighthearted day. Enjoy romantic liaisons with others. Fun activities with children will delight. The arts, sports events and social occasions are great choices.

Capricorn Dec. 22 - Jan. 20
Home, family and your private life are your top priorities today. A conversation with a female relative will be important.

Aquarius Jan. 21 - Feb. 19
Trust your hunches today. Instead of thinking things through, you might have a feeling about what you should do. Sometimes, this works better.

Pisces
Feb. 20 - March 20
Finances are on your mind today, and that's a good thing. It's important to know what you own and what you owe, because information is power. Get the facts so that you are in the know.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4	1				
			3		9	6		
		5					1	
	7		9					1
5					4			7
4		1	2	7				6
8	6		5				4	
		9				5		
		2	8	4	6	1	9	

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